

PACKAGES

1 Hr Full Body Massage & Luxurious Facial £85
90 mins. Reduced from £95

Manicure & Pedicure £50
105 mins. Reduced from £60

Back & Shoulder Massage & Healthy Feet treatment £60
60 mins. Reduced from £70

Gift vouchers available for all packages

GIFT VOUCHERS

Gift vouchers are available for any treatment
Or any monetary value.

To buy a gift voucher go to:
yourbodyandsoul.co.uk
or email:
vouchers@yourbodyandsoul.co.uk

ME TIME VOUCHERS

1 HOUR £50
2 HOURS £90
3 HOURS £125

Treat someone to "ME TIME"
They can use me time vouchers towards
treatments of their choice

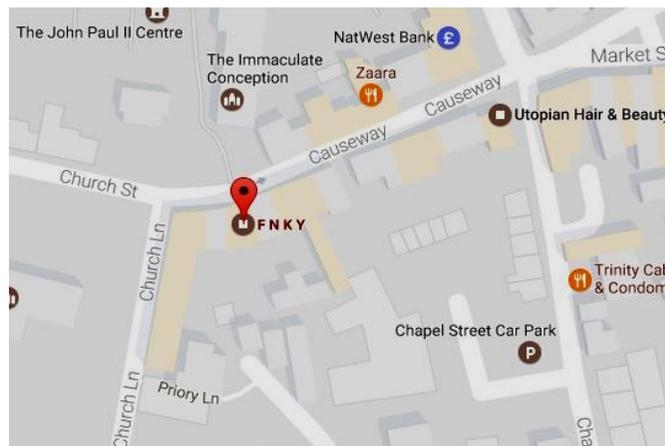


All treatment times are hands on time.
Consultations, patch tests and preparation are
not included.
Add an extra 15 minutes to your treatment

Treatments Available:

Tuesday 9 - 5
Wednesday 9 - 5
Thursday 12 - 8
Friday 12 - 8
Saturday 9 - 4

We except payment by:
Cash, Cheques, Cards, PayPal



Within **finky** Hair Salon
25 Causeway, Bicester



Relaxing, Remedial & Sports Massage

Facial Treatments

Manicures & Pedicures

For men and women



Tel: 07891 319 133

info@yourbodyandsoul.co.uk

www.yourbodyandsoul.co.uk

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BODY TREATMENTS

A massage is a tranquil therapeutic experience that is effective in releasing stress and tension, both physical and emotional, leaving you in a calm, relaxed state of well-being.

All massage treatments are tailored to your needs after a free consultation.

Pressures can be adapted to:
Light to medium pressure for relaxation & stress relief.
Medium to deep pressure to release tension & knots.
Deep Tissue/Sports pressure to increase flexibility & mobility and relieve tension, knots & injuries.

FULL BODY MASSAGE 60 MINS £50.00

Whether you require a gentle body rub or an intense body massage workout, a full body massage from the soles of your feet to the top of your head will leave you feeling totally relaxed and revived. Pressure can be adapted to suit requirements as in other massages.

BACK & SHOULDER MASSAGE 30 MINS £35.00

This intensive massage focuses on back, shoulder and neck areas relieving stress, tension, knots and aches & pains. Pressure can be adapted to suit requirements as in other massages.

ULTIMATE UPPER BODY MASSAGE 60 MINS £50.00

A deeply relaxing upper body massage with a strong focus on back & shoulders, hands and arms, and a relaxing head & scalp massage. Pressure can be adapted to suit requirements as in other massages.

HEAD AND SCALP MASSAGE 30 MINS £35.00

A deeply relaxing head and scalp massage releases tension from the upper back, face and scalp and helps to relieve/prevent headaches and migraines. Includes neck and shoulder massage.

PREGNANCY MASSAGE 60 MINS £50.00

Massage is a drug free, non-invasive, therapy that can be used throughout pregnancy and the postnatal period. To aid sleep and relaxation, boost immunity, calm, soothe and energize. Leaving mum-to-be relaxed, happy & refreshed.

ULTIMATE FULL BODY MASSAGE 90 MINS £65.00

Pure indulgence and a very special treat.

Beginning with a strong focus on back & shoulders, also working on legs, feet, stomach (optional), hands and arms, ending with a relaxing head, face & scalp massage.

Pressures can be adapted to suit requirements as in other massages.

HOT STONE MASSAGE

This massage uses water heated volcanic basalt stones to work on muscle tension at the deepest level.

The heat of the stones penetrates deep into the muscle tissue allowing the muscles to relax 4-5 times quicker than in a standard body massage, easing muscle tension and revitalising muscle tissue.

This massage is well suited to those that need deep tissue treatment but don't like strong pressure as well as those that love a deeply relaxing massage.

70 MINS FULL BODY £60.00 90 MINS FULL BODY £75.00 30 MINS BACK & SHOULDER £45.00



SPORTS MASSAGE

Sports massage should play an important part in the life of any sportsman or woman whether you are an athlete, ardent keep-fitter or a once a week jogger.

- Boosts performance
- Keeps body strong & in top condition
- Prevents injuries & loss of mobility
- Restores mobility to injured muscle tissue
- Reduces stress and anxiety

30 MINUTES £35

45 MINUTES £45

1 HOUR £50

FACIALS

A facial is wonderfully relaxing and will give the skin the essential nutrients it needs, leaving the complexion with a natural healthy glow, feeling refreshed, revitalised and looking younger.

LUXURIOUS FACIAL 45 MINS £45.00

Including deep cleanse, tone, exfoliation, mask, deep cleaning hot towel steam, serum, moisturise and eye treatment. Includes a face, neck and shoulder massage & wonderful relaxing hand or foot massage.

Each Facial will be adjusted to suit your skin needs and type:

- Firming** - for Ageing Skin
- Balancing** - for oily/Combination Skin
- Nourishing** - for Dry Skin
- Comforting** - for Sensitive Skin
- Hydrating** - for Dehydrated Skin
- Brightening** - For Dull/Tired Skin

HANDS & FEET

A hand or foot treatment will strengthen nails, keep infections at bay, prevent broken, sore or ingrown toe-nails, and keep your hands and feet looking beautiful.

MANICURE 45 MINS £28.00

This treatment includes clipping, shaping, filing, cuticle work, cuticle oil, nourishing massage & hand cream with a choice of nail polish to finish.

PEDICURE 60 MINS £32.00

This treatment includes a relaxing foot soak, foot scrub, nail clipping, shaping, filing, cuticle work, cuticle oil, nourishing massage & foot cream with a choice of nail polish to finish.

HEALTHY FEET TREATMENT 30 MINS £25.00

A Basic no fuss foot treatment to keep nails and feet clean and healthy and reduce risk of in-growing toenails and other nail issues.

Includes foot scrub, dry skin filing, foot cream, nail clip & tidy, cuticle oil & foot massage. **Perfect for men and runners.**

